



INSTRUCTIONS FOR HOME CARE FOLLOWING EYE SURGERY

You have undergone small incision cataract surgery (sometimes referred to as “no-stitch” surgery) which has been developed to allow the most rapid healing of your eye postoperatively and at the same time impose the fewest restrictions on you during the recovery period. Nevertheless, it requires three to four weeks for proper healing of your operated eye.

The first night after cataract surgery, you may be up and about as usual. However, **avoid bending or lifting**. Since you have had an anesthetic during the day, it is advisable to remain home resting the first evening, and to avoid alcoholic beverages.

Your eye may be somewhat sore or irritated, and if so, Tylenol will provide relief. You may take two (2) Tylenol every four to six (4 – 6) hours if needed.

Please leave the eye pad and shield on undisturbed until your examination tomorrow.

If you have any problems this evening, specifically any severe pain, nausea or vomiting, please call the doctor promptly. Similarly, if you experience any severe discomfort, visual loss, or sustain any injuries during the healing period after cataract surgery, please contact the doctor promptly day or night.

The operated eye will be temporarily red, slightly irritated, feeling as though an eyelash were in it. It will gradually resolve over the first week. You may also be aware of tiny black or gray spots or fine “spider webs” in your vision after surgery. This is normal and will become less evident in time.

The vision will be variable immediately after surgery and will gradually improve, obtaining its best vision in approximately 3 to 4 weeks in most cases. At that time you will need to obtain new glasses for optimum vision. A prescription for the new glasses can be provided for you during your postoperative visits after your vision has stabilized.

To insure proper healing of the eye and to avoid injury to the eye from unexpected accidents, such as falling or bumping of the eye, the following precautions **should be adhered to for three weeks**:

1. **The eye must be protected from bumping or any pressure exerted upon it.** To protect the eye, either glasses or the metal eye shield must be worn in front of the eye at all times. During the day, it is permissible to wear glasses over the eye for protection, but when taking a nap, going to bed at night, bathing or showering, the glasses must be replaced with the metal eye shield. You may sleep in any position as long as the shield is firmly on. A cotton eye pad is not needed beneath the shield. **At all times during the first two (2) weeks after surgery, there must be some form of protection over the operated eye.**
2. Avoid bumping, rubbing, or squeezing the eye. Any discharge on the eyelid margins may be removed by careful sponging with clean moist cotton, being careful not to press on the eye.

3. Do not engage in any strenuous activities, indulge in heavy exercise or lift heavy objects for the next two (2) weeks. You may bend down to pick objects up; however, do not spend a great deal of time bent over and avoid lifting up objects that weigh more than 10 to 15 lbs.
4. The wearing of dark eyeglasses when outside on bright days is advisable.
5. There is no objection to going up or down stairs, riding in an automobile or airplane, going for walks, watching television or reading. If you have been driving on a regular basis prior to surgery, you may resume driving the second postoperative day providing you feel comfortable and confident doing so. You may wash your hair or shower, but be certain to have the metal eye shield on during these activities. You may have any customary hair cuts or treatments at any time.
6. Please instill _____ eye drops four (4) times daily in the operated eye beginning after the first postoperative examination. Be careful not to press on the eye when instilling these drops and also bring the drops with you for each office examination.
7. You may resume all of your daily medications immediately after surgery except ASPIRIN, PLAVIX, PERSANTINE (Dipyridamole), and COUMADIN, which may be resumed the day after surgery and after the doctor has examined your eye. DO NOT, HOWEVER, USE ANY EYE DROPS IN THE OPERATED EYE OTHER THAN THOSE PRESCRIBED POSTOPERATIVELY BY THE DOCTOR.
8. Please be certain to bring with you tomorrow, your eyeglasses and this instruction sheet.

OFFICE PHONE: 440-892-3931

Evening Phone: Dr. White 440-892-4681

Your first postoperative office visit will be on _____ at _____.